



Fashion fundraiser
Benefit show raises awareness of endometriosis.
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SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Horse whisperer
Local woman saves horses from slaughter.
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MONDAY, APRIL 4, 2011

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGAC.ON.CA/SPOKE

43RD YEAR – NO. 12

Potential students get warm welcome

By PAUL IRVINE

Legions of prospective students descended on a campus filled with red-shirted volunteers on March 26 to get a look at what Conestoga College has to offer.

Explore Conestoga, an annual event where those looking to take a program at the college can get tours around campus and talk with students and teachers of the programs they'd like to get into, ran from 10 a.m. to 2 p.m. on that Saturday afternoon.

Volunteers guided the masses around the campus. Students, some straight out of high school and accompanied by their parents, and some more mature, were also allowed to wander the grounds on their own.

Allan Hernandez, a first-year general arts and science student dressed in the red shirt that marked all the student volunteers, said he had started the volunteering process two weeks prior.

"It benefits me," said Hernandez. "I learn more about the school."

Another volunteer, Assata Kromah, also a first-year general arts and science student, said student volunteers had each received training before the event.

Some of the volunteers had other reasons for volunteering, according to Michelle

Legault, who was donning the red shirt as part of her first-year business foundations course.

"I'm getting marked," said Legault near the end of the day. "It's starting to get a little boring now that the day is winding down."

Guests are always impressed with the facilities, labs and sense of community on campus.

— Nancy Hauck

She added that it was a lot of fun earlier.

The E-wing, located close to the rec centre, was a major hub for people entering the college.

The busy hallway had displays set up for some of the programs offered at Conestoga, including a table for the School of Career and Academic Success.

"We are the bridge for people who may not be ready for post-secondary, but want to get some academic upgrading anyways," said Dieter Klaus, the chair of preparatory programs for the School of Career and Academic Success.

"Explore Conestoga is a great opportunity for prospec-



A group of red-shirted volunteers pose in E-wing just before the doors open to let in the legion of prospective students on March 26. See Page 12 for more photos.

PHOTO BY PAUL IRVINE

tive students to come on campus and hear from faculty and current students about programs that may be of interest to them," said Nancy Hauck, event and tour co-ordinator for Doon campus. "Students (could) tour the campus and residence facility, meet with executive deans, chairs and service representatives at information booths, and apply or confirm to a Conestoga pro-

I love to write. It's what I do in my spare time.

— Joanna Dittmer

gram." "Seeing the campus in person and speaking with current students makes the deci-

sion to come to Conestoga an easy one. Guests are always impressed with the facilities, labs and sense of community on campus," she said.

Joanna Dittmer, who with any luck will be writing for this paper in a few years, was looking at joining the journalism print program.

"I love to write. It's what I do in my spare time," said Dittmer. "It comes easy to me."

You can help shape the Respect Campaign

By CASSANDRA BOURGEOIS

Like learning, fun and friendships, respect is an important part of college life.

Conestoga's Respect Campaign strives to maintain a high level of respect in the classrooms and hallways, so students can enjoy all those other important things even more.

You've probably seen the Respect posters hung around the school, and now's your chance to have your say about what issues you'd like to see on them.

You can submit your own ideas about which respect issues should be portrayed on

the posters by emailing respect@conestogac.on.ca, or dropping by Student Life programmer Ryan Connell's office, in Room 2A117. Ideas will be accepted until April 10.

"Every year around this time we start asking what is interesting or needed around the campus," said Connell. "It's been really helpful to get the feedback."

The new posters will take the Respect campaign into its third successful year. A survey done at the end of last year's campaign found that 86 per cent of students not only felt that the posters heightened awareness of

diversity on campus, but also encouraged students to be respectful in their actions toward others.

"Our first thought was that they wouldn't really change actions," said Connell, who was happily surprised to find that the posters did. He thinks that Conestoga already has a high level of respect, and the posters just encourage people to maintain it, and help new students understand the level of respect that's expected here.

He always tries to make sure the messages are positive, and reflect that the people here don't need to be told to have respect, just remind-

ed. Past Respect posters have dealt with diversity and students who face challenges as well as respect in both classrooms and the halls, raising issues such as language, or groups of people stopping in the middle of the hall.

"Just because you're not in a formal situation doesn't mean your words and actions don't have an impact," said Connell.

One theme that has already been suggested for the new posters is the issue of smoking respectfully, by standing outside the red lines that designate no-smoking zones.

Connell is worried that the issue may be hard to portray in a poster, but has faith that with the help of a graphic design intern, it can be done.

The posters are designed by Connell in collaboration with an intern, and they feature students from Conestoga.

Some college respect campaigns use stock photos, but Connell thinks that having the posters made by students and featuring students keeps them more personal and relatable.

Having your ideas for themes will reinforce the community feeling the posters have, so get your ideas in this week.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What is your biggest distraction
when studying?

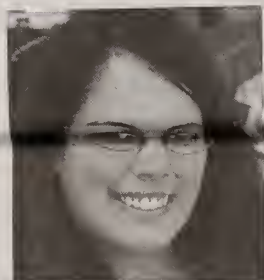


"Friends and going out
and anything media."

Tyson Filler,
first-year
broadcast television

"Television shows because
I'm into TV and have to
keep up."

Angela Bruce,
first-year
broadcast television



"Facebook and outside
engagements."

Katie Brown,
second-year
early childhood education

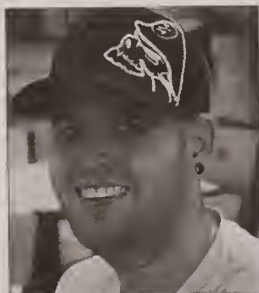
"Procrastination."

Felesha Pigden,
second-year
early childhood education



"Noise."

Corey McInnis,
first-year,
electrical trade school,
level 1



"Other people, like in the
LRC. It's kind of loud in
there."

Mike Thorton,
second-year
aviation



Smile Conestoga, you could be our next respondent!

HAVING THEIR CAKE AND EATING IT TOO



PHOTO BY RYAN YOUNG

Sonja Roy-Smith helped serve cake to Conestoga students, staff and faculty. The cake was part of National Co-op Week, which ran until March 26.

Conestoga students confront stereotypes

By KATHRYN SCHNARR

As the winter semester nears completion at Conestoga College, students are hard at work finishing assignments and preparing for final exams.

However, on March 25, some students dedicated a bit of their precious time to celebrate diversity and multiculturalism by attending the diversity poster session. Held by human services foundations students, the annual session hopes to raise awareness toward discrimination, injustice and intolerance.

"It's absolutely wonderful to see the HSF students take their learning and put togeth-

er these posters," said Debashis Dutta, a faculty member in human services foundations, adding he is really proud of them for their passion and their willingness to be challenged.

"We're really thankful that members of the college community came to this event."

While engaging and informative posters lined the upper atrium, HSF students confronted stereotypes and advocated diversity.

Students found creative ways to promote their cause, as they handed out educational flyers and pamphlets. Both Conestoga students, staff and faculty stopped to take a look at the colourful displays.

A booth organized by Farid

Ullah and his group highlighted the hardships of immigrants entering Canada.

"Our booth is about the barriers of immigrants," said Ullah.

"Canada invites skilled workers into the country but does not recognize their credentials."

"Many people that come into Canada have to start their career again from the bottom."

Dutta said, "I think that events such as this one, the Student Life's Respect Campaign and other such opportunities to raise awareness ultimately help us to challenge prejudice and other stereotypical attitudes that so many of us have."

LAST-DITCH EFFORT



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ECE fair informative

By COURTNEY NIXON

The early childhood education program held a field placement fair on March 23 to give students, especially those in first year, some insight into placement options.

It also showed the students what placements are like with children of various ages such as infants from birth to one years of age (who have not yet begun to walk or talk), toddlers (usually between the ages of one and two and a half), and school-age children.

The colourful, lively and well-attended event featured the displays of some of the agencies the program uses for placements.

"It was very informative for our students and the public; they could speak directly to their peers to get a sense

of what the various placement experiences would be like," said field placement officer Linda Hayes.

One of the many placements that the students were involved with was Our Place, the Family Resource and Early Years Centre, an organization for parents, caregivers and children from pre-birth to six years to learn, grow and have fun.

At the centre, early childhood educators, along with students, create a fun, stimulating and interactive environment. A variety of developmentally appropriate activities are offered to children including creative play centres, circle time and stories, which all help with early learning and preparing the children for school.

"I like being with different nationalities and different families," said fourth-year

early childhood education student Lise Grimberg.

"The fair was an opportunity for the public to gain some understanding of what the ECE program has to offer and how much the students contribute to the community," said Hayes.

Some of the second-year students were on hand to share information and answer any questions the public had.

"The students gained an enhanced awareness of the range of placement opportunities we have and the range of potential career paths they might want to consider," said Hayes.



PHOTO BY COURTNEY NIXON

Ruth Prentice, left, from the early childhood education program, six-month-old Leah Schummer and fourth-year ECE student Margaret Walker were on hand for the field placement fair on March 23.

CORRECTION

In the March 21 issue of Spoke, in a story on the Waterloo Tennis Club, information attributed to Dave Rowat was published as a quote, when, in fact, it shouldn't have been. In addition, the information came from casual conversations when the writer and Dave Rowat worked at the club, and not from an interview for the story.

Spoke apologizes for the errors.

THANK YOU

Conestoga's Respect Committee for all of your hard work at Respect Week!

Aleena A., Health Informatics Management
John B., Integrated Telecommunications
Catalina B., Human Service Foundations
Gord B., Business Admin-Accounting
Brady B., Mechanical Engineering Technology
Tracey B., Business Admin-Accounting
Kori C., Recreation & Leisure Services
Marcia C., Biotechnology Technician
Ally C., General Arts & Science
Nathalia C., Architecture-Construction Engineering Tech.
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Michael D., Pre-service Firefighting
Aaron D., Pre-service Firefighting
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Rahwa F., General Business
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Alicia M., Business Admin-Marketing

Liam N., Early Childhood Education
Tina N., Health Informatics Management
Aubrey O., Pre-service Firefighting
Vanessa O., BScN Nursing
Veronica O., General Arts & Science
David P., Broadcast Journalism
Tiara P., Design & Communication Fundamentals
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YouTube shouldn't be exploited

By RYAN YOUNG

The music video is called Friday, and it features the debut song by 13-year-old Rebecca Black from Orange County, Calif. Uploaded on YouTube in February, the video clip has received over 60 million hits since going viral. You'd think the video's popularity would foreshadow a promising singing career for the aspiring Black, except for one glaring problem; the song could be, quite possibly, the worst ever made.

And so it goes with YouTube, the video-sharing website where talent isn't a requirement in order to get some attention. It has become ingrained in our society, producing unlikely celebrities and countless hours of inconsequential time-wasting videos available at a single click.

The fact that Black's sorry attempt at a pop song has already had so many views goes to show how much time the average person wastes watching pointless videos on the website. While the majority of viewers are normally just searching for a good laugh in their down time, anybody who has ever been "Rickroll'd" (when an interestingly titled video turns out to be Rick Astley's '80s pop hit Never Gonna Give You Up) can appreciate the meaningless of their YouTube experience.

Despite all the Rebecca Blacks out there, YouTube has actually been able to provide a launching pad for some talented people, the most notable being Stratford's Justin Bieber. He was noticed by Usher through his YouTube postings and has since managed to do alright for himself (understatement?).

Not only does the website give the regular Joe an audience, it also helps with the instant information lifestyle we've all become accustomed to. Police brutality videos shot first-hand have become popular and any officer in his or her right mind surely knows their actions in public could easily be relayed to millions in a matter of seconds. YouTube was even awarded a Peabody in 2008, an annual international award for excellence in radio and broadcasting given to the website for embodying and promoting democracy.

It's extremely disconcerting that YouTube has allowed an avenue for a video as bad as Black's, but the overall benefit of the website far outweighs the frustration. Users of the website should try to avoid supporting viral flukes such as Black's so people will stop posting ludicrous videos in an attempt to attain Internet celebrity.

And try to avoid being "Rickroll'd" in the process.

The views herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published. Letters should be no longer

than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:

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Technology can make hall traffic treacherous.

Is one hour too much to ask?

It was marked down in my agenda, a promotion poster hung in my room and I had even typed it out on one of those sticky notes on my computer desktop.

But, even after all that, I still missed out on Earth Hour.

On March 26, about 130 countries participated in the fifth annual event. At 8:30 p.m. everyone was encouraged to turn off as many electrical devices as possible for an hour, promoting energy saving across the world.

A great idea in theory, but it seems I was just one of many who didn't follow the plan.

The result from this year's participation was a little disappointing.

During the hour, power usage dropped about five per cent. Not a very impressive number compared to last year's 10 per cent drop, or the 15 per cent in 2009.

Are people not that worried about the climate change? Or has the novelty of this event just worn off?

I had every intention of lighting up candles, breaking



Mandy
Liverance
Opinion

out my glow-in-the dark puzzle and participating in this event to do "my part" in helping the environment. But when it came down to it, I had forgotten because I was probably too busy straightening my hair while listening to music in my brightly lit house.

With the main goal of this event being to raise awareness and encourage people to take action to try and stop the downward spiral of our environment, the amount saved in power itself wasn't the disappointment, but that the low number means fewer people are showing their support.

Earth Hour first started in Australia in 2007 and it quickly became a big, important event. But five years later, the excitement has begun to wear off.

I hate to say it, but in this

world of increasing technology it's going to take a lot more effort to pry us away from our energy-using products. We have such high-speed lifestyles and the idea of shutting it all down for an hour is not very encouraging, especially when the 60 minutes are up and we have nothing to show for it.

I think the World Wildlife Foundation, or whoever else is willing to step up and take control, is going to have to come up with a creative new idea to get people's attention. Environmental problems are not going to just go away, so we need to take action.

I'm going to start by making up for my Earth Hour lapse. I may not be able to commit to an hour in the dark, but Post-it notes around my house will remind me to shut off lights and other electrical devices when I don't need to use them.

It's going to take more than an hour to have an effect, but it's everyone's small actions that will add up and make a difference.

SPOKE

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We were all 'Made 2 Move'

By LAURA BENNETT

Different forms of dance can be seen in everyday life, whether someone is skipping down the sidewalk or rocking out to a song in the car.

On April 29, countries from all over the world will take a break from boring daily tasks to make time solely for dancing.

In addition to raising awareness of dance and having fun, International Dance Day is celebrated to promote dance to all governments as a way of saying it is a vital stream in every level of education.

For 2011's International Dance Day theme, Go Out and Dance For Peace, the Forest Heights Community Centre in Kitchener will hold its first Made 2 Move, dance night to promote the international initiative.

"We are celebrating International Dance Day and it's kind of funny because a lot of dance studios don't know about it," said Tina Nguyen, dance program co-ordinator at the centre and a third-year health informatics management student at

Conestoga.

The centre offers dance programs which is why it is a perfect place for people in Kitchener to go on International Dance Day.

"We are trying to find different types of dances and routines," Nguyen said. "We're going to showcase our dance programs. They will include danceIT, (a cardio workout including dance), country line dance and ballroom dance."

The event will run from 6 to 9 p.m. on April 29. "We're trying to make it a fun day to promote dance as a part of a healthy lifestyle," Nguyen said, adding that the event is free.

"Dance is looked at as girly, but it's for all ages and all genders," she said.

International Dance Day was started in 1982 by the International Theatre Institute (ITI) to celebrate the birthday of Jean-Georges Noverre, the creator of modern ballet.

The ITI website, www.iti-worldwide.org, says, "The intention of the International Dance Day message is to celebrate

dance, to revel in the universality of this art form, to cross all political, cultural and ethnic barriers and to bring people together with a common language — dance."

Anyone is able to drop in at the community centre to take part in International Dance Day.

The night will include dance studios from the area that will set up booths, lead workshops, provide demonstrations of dances and donate door prizes to support the day.

"It's go big or go home," Nguyen said.

"We're hoping it will be an

annual event."

A surprise performance will break out sometime during the night, showcasing a choreographed dance routine that anyone can sign up and take part in.

You do not have to be a dancer and there are no try-outs.

Nguyen said she is only in charge of paperwork and organizing but she is working alongside a woman who is a dance instructor at the Forest Heights Community Centre.

"I can't dance, but I love the concept of dance. I have two left feet," she joked. "It's not

going to stop me from trying."

Local radio station, 91.5 the beat, is supporting the Made 2 Move day, and Nguyen has contacted other radio stations inviting them to take part.

In the beginning she admitted that she was very nervous until dance studios started getting back to her to participate. "Now I am very excited," she said.

Nguyen hopes that everyone will consider coming out to the dance night for fun and exercise.

For more information email made2move,fhca@gmail.com or contact Tina Nguyen at tina.hvt.nguyen@gmail.com.



PHOTO BY LAURA BENNETT

Tina Nguyen, a third-year health informatics management student, is the dance program co-ordinator at Forest Heights Community Centre. She is organizing a Made 2 Move dance night.

Counselling services presents the

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Ending abuse one cup at a time

By **ASHLEY IDLE**

Women's Crisis Services of Waterloo Region devotes all of its time to helping women and children in abusive situations break the cycle by offering help to those in need. This time, though, it was our turn to help.

March 27 marked the first annual TEA (To End Abuse) Festival in support of the women and children who Women's Crisis Services support on a daily basis.

Margaret Bauer, fund development manager, said the two emergency shelters run by the service — Anselma House in Kitchener and Haven House in Cambridge — are usually full beyond capacity. Anselma House has 28 beds for women and children, and Haven House has 30. At times, Anselma will house up to 36 people and Haven 32-34 people. All of these extra people put a strain on the already taxed shelters.

"More people come in than we are funded for," said Bauer. "Events like this help us make up the difference."

This year, Women's Crisis Services wanted to do something different than their normal fundraisers. Using the acronym TEA, they came up with the idea of a tea festival.

"We wanted to open this up to anyone who is interested in tea and is interested in our cause," said Bauer.

There were nine vendors at the event offering samples and showing off their wares. There were also tea presentations on subjects such as tea and wellness, tea during pregnancy and a presentation on taking tea during Victorian times put on by Woodside historical site.

Bauer talked about the bonding power that tea has. She said tea brought people together, which was something that needed to happen if we were going to stop abuse. Tea time was the perfect time to talk about this seemingly taboo subject. "We need to talk about abuse more so that people know they don't have to live in abuse."

The Waterloo Potter's Workshop sponsored the event, and everyone who attended received a pottery



PHOTO BY ASHLEY IDLE

Susan and George Broughton stand in front of their wares at the TEA (To End Abuse) Festival at Victoria Park on March 27. The Broughtons run All Things Tea, a shop located at 681 Belmont Ave. W. in Kitchener.

coffee mug. Also, the Royal Doulton store located in the St. Jacob's outlet mall gave gift bags at the event. Dee Kirlin, store manager, was happy to be a part of the festival, saying

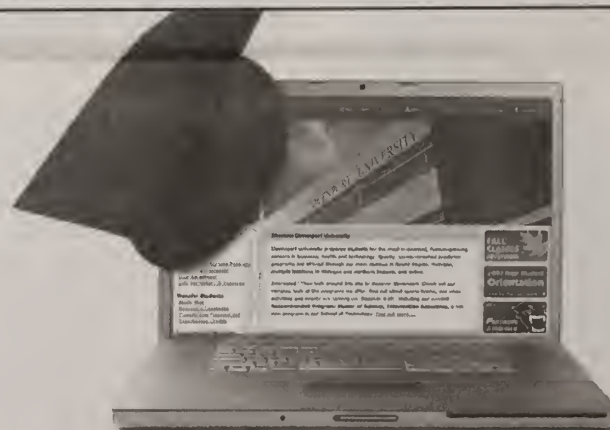
that the store had been involved with Women's Crisis Services on previous occasions. "It's a good cause," said Kirlin. "The theme was right up our alley."

Anselma House and Haven House have been operating since 1978, originally just starting as small shelters, and eventually growing to cater to the needs of the region.

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Records a hit with new generation

By BRITTNEY BELANGER

The steady strumming of the electric guitar and pounding of percussions are often heard in most songs. Coming up with new beats has been the objective of musicians for centuries. These new sounds delight dedicated fans, producers and fellow artists.

New forms of music are constantly being created. Whether it be with instruments, vocals or the steady beat of rain showers, many new sounds are advancing the music scene today.

"Music is a window into a person's mind, and even cultures," said Philip Boyd, an avid music listener from Kitchener. "It reflects struggle, achievement, love and the emotions we all feel. I look to music to convey my feelings, or just to relate to others. Vinyl makes the experience more personal and is better listening quality."

Mixing new sounds together, producers have been busy perfecting the next great hit. However, with music sales declining it has made it harder for the industry to flourish. It also makes it more of a challenge for local music stores to be profitable.

Although artists, listeners and technology are constantly changing, the 21st century hasn't evolved that far. In fact, it may have regressed. Just last month, LP vinyl record sales broke the two million mark for the first time since 1991.

Meagan Ann Riordan, an



PHOTO BY BRITTNEY BELANGER

Vinyl records are making a comeback thanks to their superior sound.

HMV employee at Fairview Mall, said, "I think it's a good change for the music industry. Everyone is too obsessed with technology; it's about time everyone went back to their old school roots."

Back in with the "old" seems to be the fad everyone just can't get enough of. Stores such as HMV, Chapters and local music stores have been noticing the change.

While vinyl sales are up, CDs sales are down due to illegal downloading. Those who have been purchasing music material have been

looking for better quality. The vinyl record not only provides good quality, but is also more personal for the dedicated fans of all generations.

"From what I have heard, the music (industry) has been losing a lot of money," said Grace Ten-hove, a Waterloo resident and vinyl record collector. "It will be good if vinyl record sales pick up for the industry. Even if people don't want to listen to them, they can always use the album artwork as decoration."

Vinyl records have been a part of music for a long time.

Improving certain aspects of the vinyl has improved the sound over the years. Those who support the industry have been purchasing vinyl records as both keepsakes, but more importantly, to feel a deeper, sensual connection to what is being told through the music.

"I think it is not so much that people are doing it, but a type of people or type of genre," said Mike Laing, a vinyl record collector in Kitchener. "I know there is a vintage feel to it that a lot of people like. It's almost like a lifestyle."



PHOTO BY BRITTNEY BELANGER

A customer browses through vinyl records in a local music store on March 26.



PHOTO BY BRITTNEY BELANGER

Some audiophiles prefer the warmer and more detailed sound of vinyl.

VINYL FACTOIDS

■ In 1930, RCA Victor launched the first commercially-available vinyl long-playing record, marketed as "program transcription" discs. It was a commercial failure for several reasons including the lack of affordable, reliable consumer playback equipment and consumer wariness during the Great Depression.

■ In the early days of compact discs, vinyl records were still prized by audiophiles because of better reproduction of analog recordings, however, the drawback was greater sensitivity to scratches and dust. Early compact discs were perceived by some as screechy, distorting sounds on the high end, and not as "warm" as vinyl especially in recordings that require a wide dynamic range (eg. classical recordings). This resulted in a slower acceptance of digital music in its early years by some listeners.

■ Though digital audio technology has improved over the years, some audiophiles still prefer what they perceive as the warmer and more detailed sound of vinyl over the harsher sound of CDs. Some listeners were also disappointed by what they considered to be unfaithful remastering of analog recordings. The advent of higher-quality digital formats, notably SACD, offers the tantalizing possibility of combining the high-quality sound of the best analog recordings with the convenience and durability of the CD. Many artists still release recordings, in limited pressings, on vinyl.

■ For DJs, mostly in the electronic dance music or hip hop genres, vinyl has another advantage over the CD: the direct manipulation of the medium. However, some professional CD players now have this capability.

■ One company has developed a player that uses a laser instead of a needle to read vinyl discs. In theory, it eliminates the possibility of scratches and degradation of the sound, but its expense limits its use.

Source: Record Collectors Guild

Electrical trade show sparks interest

Conestoga students enjoy viewing the tools of their trade

By AMANDA BAINES

A conversation between two friends last September sparked an idea that quickly flared into Conestoga's first electrical trade show.

Mike Smith, the electrical program's co-ordinator at the Doon campus, and Brad Job of Gerrie Electric decided to hold the event. The first trade show was in October.

On March 25, the second biannual electrical trade show took place in a classroom in the ATS building.

"It's designed to show the apprentices what's out there," said Job.

"They can come to see the latest and greatest products."

Students wandered through the show as classes let out or took a break, keeping the display people busy.

"I'd say we saw between 200 and 250 students," said Smith.

"And, of course, faculty poked their heads in, too."

Although students couldn't purchase anything at the show, there were discount systems available for them.

"There are educational discounts available," said Job. "I think it's up to 25 per cent off."

Level two electrical apprentices Martin Kleinsasser and Michael McGuire wandered through on their class break.

"It's really interesting," said McGuire. "I've seen some of this before, but you're always



PHOTO BY AMANDA BAINES

Level three electrical apprentices Jason Butler, left, and Mike Bushbeck look over the tools at the Greenlee display. Greenlee was one of nine electrical companies at the trade show.

on the lookout for a good deal."

"Our teacher gave us a longer break," said Kleinsasser.

"I think he wants to check it out, too."

Eight electrical supply

companies, including Siemens, Fluke, Greenlee and Hubbel joined Gerrie Electric in the small classroom, but Smith hopes to expand by next fall.

"We're hoping to move to the robotics lab in time for the



PHOTO BY AMANDA BAINES

Lucas Biesinger, a first-year industrial electrician student, examines a thermal imager at the electrical trade show on March 25. The thermal imager was one of several items displayed by Fluke.

October show," he said. "We want to expand from such a small room and such a small show."

Smith also said the main reason he and Job decided to create the trade show was for the students to use it as an information session.

"It's great for them to network with the companies here," he said.

"We really wanted to show them that these companies, these people are not behind a wall but that you can talk to them."

"Even if they can't buy anything, this is still a great opportunity," said Job.

"It's worth it if they say later, while they're working in their field, I remember this."

Navy offers subsidized college education plan

By NATHAN RIENSTRA

Conestoga College students gathered on March 23 to hear members of the Canadian Navy discuss the benefits of being in two engineering technology programs the school offers.

The free information session, which was supposed to include a tour of a Canadian Navy bus, outlined the benefits of joining the Canadian Navy as well as students' opportunity to apply for a tuition subsidy offered by the Canadian Forces.

The bus was unavailable due to mechanical difficulties.

The subsidy, identified as the Non-Commissioned Member Subsidized Education Plan (NCM SEP), is currently open to students entering the first year of the

electronics engineering technician diploma program and those entering the second year of the electronics engineering technology – telecommunications systems diploma program. Both are offered at Conestoga College's Doon campus, and students accepted under the NCM SEP initiative receive a salary, as well as reimbursement for all tuition, books and academic equipment. The salary is \$31,956 for the first year and \$39,072 for the second year.

"The bottom line with the Forces is they will only cover tuition and pay a salary for two-year programs," said Conestoga College student recruiter Jan Stroh. "(Since) our technology program is three years ... they'll do the coverage for the second and third year."

Graduates will have a guaranteed job at the end of their program and an immediate promotion to acting leading seaman with a salary of approximately \$52,000. These members then serve three years of obligatory service in which they may work as a naval weapons technician, a naval electronics technician – communications, naval electronics technician – radar, naval electronics technician – sonar or a marine engineering mechanic.

At the end of their obligatory service, members are not encouraged to leave the Forces but are free to do so if they'd like.

Cpl. Cheryl Fuller, who spoke at the information session, mentioned that other incentives for joining the Navy are the pension plan

offered by the Canadian Forces, which she said is one of the best pension plans in Canada, maternity leave, full medical and dental for members and their dependants, gym facilities and even opportunities to participate in practically any sport that comes to mind.

"You get time off to go play in the tournaments, and that doesn't come out of your vacation time if you make the base teams," said Tyler Reid, a naval weapons technician who played in the military's national ball hockey tournament. "Every sport possible is in the military itself."

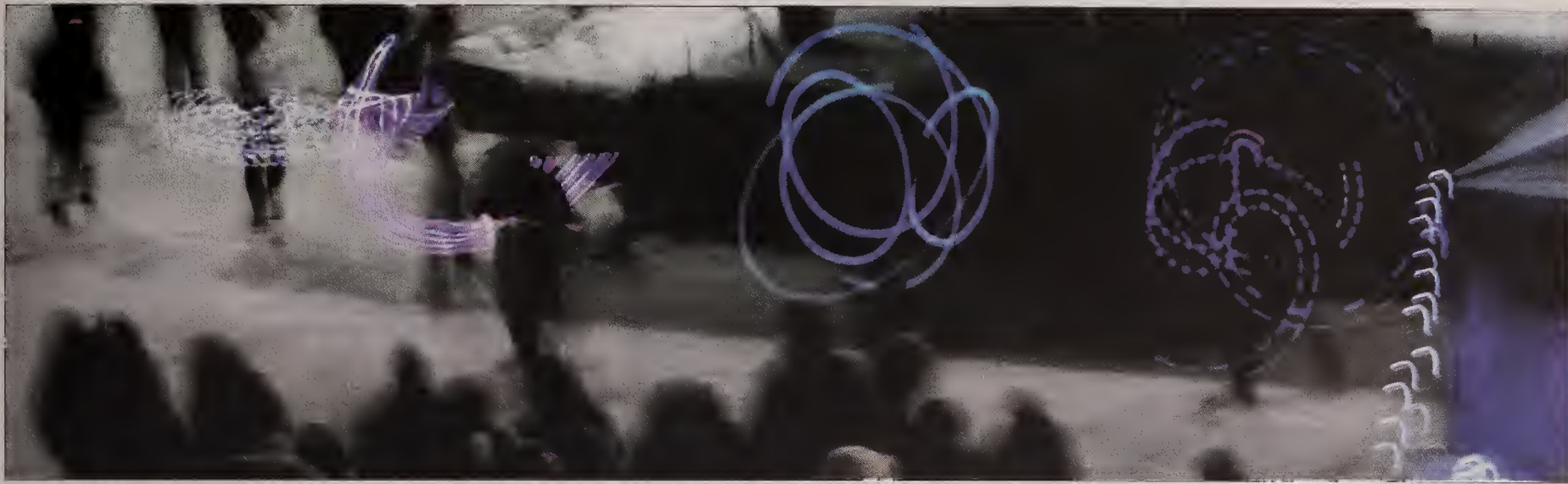
Stroh, who would like the information sessions to occur more often, said, "Easily we get anywhere from 15 to 25 people recruited," adding that this is often after information

sessions such as the one that occurred on March 23. However, a lot of people don't make it through all the recruitment steps such as basic training, she said.

Stroh added that the aim is to have the Canadian Navy bus on campus sometime in mid-April.

"To be quite frank ... I want it in April because ... I offer this info session to our current electronic students and technology foundation students, and after April they'll be gone," she said.

For more information on the tuition subsidy, the engineering technology programs or the registration process, students can view the programs' descriptions on the Conestoga College website or contact Jan Stroh at 519-748-5220, ext. 3279.



On the stage Organic Group knocked out frantic rhythms while The Spinners whirled a display of light out front.

Earth Day celebrated in deep-freeze

Event had cold performers, cold audience but genuine warmth

By GERALD UPTON

Earth Day may have been out in the cold this year, but it wasn't cold shouldered and it certainly wasn't frozen out. Approximately 60 people braved the chilly temperatures to support Earth Day and hear some live entertainment at Kitchener City Hall on the evening of March 26.

These were some dedicated people. The wind chill was -12 C despite there being no wind to speak of.

"This'll be the coldest I've ever played," said singer Peter Sawatzky as he prepared to perform. Sawatzky, the usual front man for band Ctrl-R, was doing a solo performance. He was the first official act of the night, and was warming up in city hall beforehand in more ways than one.

"This'll be the coldest I've ever played. It'll be fun!"
— Peter Sawatzky, lead singer of Ctrl-R

"It'll be fun," he said, with just a trace of sarcasm. He cut his short stint even shorter. Back inside he rubbed warmth into his hands while commenting that he didn't think he could have done the last song of his set.

Darren Price was in charge of the whole event, and was described as running around like a frantic chicken trying to solve problems. Solve them he did, because the event went off without a noticeable hitch.

"This is a very cold time of year," said Price, looking around at the six people who had arrived just before the event started.

"People more come out for the lights-out hour," he said with hope, as perhaps another six people drifted up to see the show.

When someone suggested that Earth Day would have been better attended in the warmer weather a week before, he said with nostalgia, "Yeah, last weekend would have been great."

By the time Shantell Powell got up to dance with grace and aplomb, the audience had increased again. Powell floated through her performance, smiling all the while, looking as if the cold didn't bother her one bit.

Cinnamon Tree followed her. The two female vocalists weaved intricate harmonies while a guitarist provided backup on an acoustic guitar. They had also done a short stint before the performance officially started.

"We're less than half of the original group," said the lead singer at one point, emphasizing that they were electric-instrument free.

By this time there was a hardy and appreciative crowd. It was hard to guess the audience numbers because many of them were drifting into city hall to warm up before braving the cold again.

Earth Hour arrived at 8:30 p.m. and all the lights in city hall were turned off. Christmas-type lights for the outdoor stage were powered by a foot-pedalled generator. All the audience members who were warming up were chased out of city hall, resulting in quite a crowd finally in front of the stage. Sixty to 100 is a conservative estimate.

"I came here to get together and hang out with the people, hang out with the community," said Jason Cave, one of the performers in Organic Group. He brought his wife and two small children. Like many of the other children who came as part of family groups, they were well bundled up.

Organic Group, a straight percussion ensemble of five, did their thing on stage with verve and compelling rhythms. At the same time a juggling group called The Spinners performed in the dark in front of the stage with lit multi-coloured balls, hula hoops and wands. The audience all shifted closer for a better look, ignoring the cold.

"It's great that so many people showed up in this cold," said Sawatzky, who had stuck around himself to see the rest of the show. Darren Price, who had finally stopped running from problem to problem, agreed.



Organic Group had a good time as they pounded out their hard-driving rhythms. They were all warmly dressed.

PHOTOGRAPHS BY GERALD UPTON



Shantell Powell displayed elegance in motion as a featured performer at Earth Day.



HOROSCOPE

Week of April 4, 2011



Aries

March 21 -
April 19

You will be celebrating your birthday now, or in the near future! Congratulations. Don't ask me how I knew this.



Libra

September 23 -
October 22

Due to a strange time-warp incident, you will also be celebrating your birthday now or in the near future.



Taurus

April 20 - May 20

You will be inundated with technobabble when you run into a reverse tachyon pulse being routed through the main deflector dish, causing a rift in time-space.



Scorpio

October 23 -
November 21

Your mother will call you with good news. They won the lottery and will be going to the Caribbean. You will be stuck at home doing schoolwork.



Gemini

May 21 - June 21

You will buy gum that tastes like soap. You will enjoy this taste. What in the world is wrong with you?



Sagittarius

November 22 -
December 21

A large collection of Spoke newspapers in your locker will provide a home for a renegade family of revolutionary squirrels.



Cancer

June 22 - July 22

Your hands will grow to twice the size they were yesterday, and you will be forced to spend the entire day telling people to step away from your person.



Capricorn

December 22 -
January 19

Your heart will be stolen by that girl you always had your eye on. The second you take your gaze off of her, she will make off with several internal organs.



Leo

July 23 - August 22

Did you see that? No way that just happened! Man, you should probably look into buying a high-speed camera so you can see all the weird stuff going on.



Aquarius

January 20 -
February 18

In a fit of madness, you will believe that you have discovered diamonds under your bed. This is actually just lint. You will be disappointed.



Virgo

August 23 -
September 22

A collection of giant ants will take up residence in your home, but they will be good with the rent and keep their place clean.



Pisces

February 19 -
March 20

Remember, Pisces: A wise man keeps his mouth shut to avoid looking like a fool. Buy a muzzle.



Paul Irvine carefully examines the stars and then ignores them for your amusement.

Support with Style rocks Victoria Park

By JESSICA-LYNN TABAK

Doctors didn't seem to know what was wrong with Rebecca Andrew when she would repeatedly go to the hospital for severe menstrual cramps. They assured her that it was just her menstrual cycle, so Andrew had no idea that she actually had endometriosis.

Endometriosis is a common, incurable disease that can affect any menstrual woman from the time of her first period to menopause. When a woman has endometriosis, the tissue that lines her uterus, called the endometrium, grows outside of the uterus. As the tissue grows, it can develop into non-cancerous tumours that become very painful.

Andrew spoke about her experience with endometriosis and how she copes at a fashion benefit show, called Support with Style, and emotionally moved everyone in the audience.

The event took place at the Victoria Park Pavillion on March 27, in support and awareness of this disease. Fashion designer Jody Miller organized the event and raised \$533 for the Women's College Hospital Foundation. Andrew works closely with the foundation, helping increase endometriosis awareness.

Support with Style featured clothing made by Kerri Mercer of Black Orchid Designs, Amy Doerner, Megan Philbin and Jody Miller and the music of up-and-coming artists Rose Cora Perry and Mary 5e, from the Kitchener/Waterloo area.

Miller always wanted to host a fashion show to showcase the clothing that her and her fellow designing friends make. "I always wanted to support a cause," she said. "I didn't want to host a show for profit, I wanted to make a difference." Miller thought of endometriosis when her friend Mary was diagnosed with it. Knowing it wasn't a disease that most people were aware of, she immediately became interested in helping.

"It took a lot of planning to make this day possible," said Miller. She had help from two of her friends, Michelle Haaack and Alex Myciak, but is trying to expand the event and is hoping for more help. If all goes well, she is planning to host Support in Style every year.

"Endometriosis is a serious issue that often goes unnoticed," said Andrew. "If you experience severe cramps that result in you being stuck on your couch immo-



PHOTO BY JESSICA-LYNN TABAK

Support with Style wouldn't have been such an influential experience if Rebecca Andrew wasn't brave enough to share her experiences with endometriosis.

bile, you need to go to the hospital."

If you are curious to learn more about endometriosis, visit the Women's College Hospital's endometriosis support group at www.womenscollegehospitalfoundation.ca



PHOTO BY JESSICA-LYNN TABAK

Fashion designer Kerri Mercer, from Black Orchid Designs, showcased her Gothic fashion line at Support with Style along with other fashion designers from the Kitchener-Waterloo area, such as Amy Doerner and Megan Philbin.

Beer: A refreshing part of our history

By SARA BUSSE

Most of us at one point or another have enjoyed a beer or two. Being Canadian it's only natural to have taken part in a "kegger" or downed a few suds while kicking back at the cottage. So how did beer become so entwined with being Canadian?

First, what is beer?

Beer historian Ian Bowering says in an interview with CBC, "The true, honest brewmaster uses water, barley malt, hops and yeast. That's it. You don't muck around with any of this other stuff."

According to the Canadian Oxford Dictionary, beer is an alcoholic drink made from yeast-fermented malt flavoured with hops. On average, Canadian beer is five per cent alcohol.

The first commercial brewery, La Brasserie du Roy (the King's Brewery), opened in Quebec in 1670 and was run by Jean Talon. The brewery closed in 1675 and became a military prison.

By the mid-1700s, brewing beer became less popular as imported wine was more affordable.

The British armies in Ontario in the 1700s and 1800s were guaranteed six pints of beer a day. It was considered a necessity as it not only quenched their thirst but also helped in keeping up their strength. This made for a healthy market for small brewers.

Some of today's most well-known Canadian breweries opened in the 18th and 19th centuries. These include:

1786 – John Molson opened his first brewery in Montreal.

1829 – Alexander Keith opened his first brewery in

Nova Scotia.

1830 – Thomas Carling opened a brewery in London, Ont.

1847 – John Labatt also opened a brewery in London, Ont.

Canadian Prohibition laws impacted Canada's beer industry to a great degree. The Temperance Act of 1878 allowed provinces to ban the sale of alcohol and the Canadian government controlled the making and trading of liquor. In March 1918 it stopped, for the duration of the First World War, its manufacture and importation into provinces where purchase was illegal.

Bowering explains that "The laws of Ontario said you could make beer here, but you couldn't sell it." Therefore, customers would write beer orders and send them to merchants in the U.S. or Quebec. These merchants would then send the order to an Ontario brewery, giving the Ontario customer an out-of-province receipt allowing them to pick up their beer order from the brewery. That's Ontario's intelligence for you.

Due to the Prohibition, the Canadian beer industry diminished significantly. In 1916 there were 118 licensed breweries, but by the 1920s that number had dropped to 70. All provinces, except P.E.I., dropped their Prohibition laws after the war. P.E.I. was "alcohol-free" until 1948.

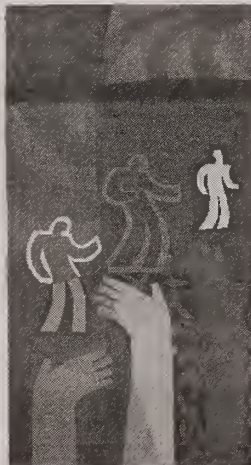
The Brewers Association of Canada represents some of Canada's top brewing companies. The association has 22 members that account for more than 97 per cent of domestic beer enjoyed by Canada's 10 million beer drinkers.



PHOTO BY SARA BUSSE

Alexander Keith's, Moosehead and Labatt are just a few of the historic types of beer Canadians still enjoy today.

COUNSELLOR'S CORNER: Community Resources



The counsellors at Counselling Services are here to help with issues that students face on a daily basis, but we're also here to help you connect with the many resources that are available in your area. We have information, brochures and contacts with social services, employment, housing, counselling and other agencies in Kitchener, Waterloo, Cambridge, Guelph and other communities.

Especially as the school year draws to a close for graduating students, it's important to make a connection with people and places outside the college. These resources can help you find an affordable home, find a car seat, baby clothes and toys, connect to counselling groups and workshops, or give a number to phone in a crisis. Specific professional support can be provided for pregnancy, alcohol and drug counselling, single parent and family supports, credit counselling, legal aid, and many other services.

If you're not sure where to go for help, just ask us. We'll help you get connected.

A Message from Counselling Services, 1A101

A DRINK ON THE HOUSE



PHOTO BY MANDY LIVERANCE

Tara Herriot, CSI event co-ordinator, pours mocktails in the Sanctuary on March 24. The free drinks were offered as part of Alcohol Awareness Week.

Bridal showcase brings in local businesses

By **VICTORIA SPRACKLIN**

Wedding season is quickly approaching, and brides-to-be may already be facing the pains of planning.

Blushing brides need not worry, as many businesses in the region are ready to help make your special day perfect.

"When my cousin got married, she went to Toronto thinking she'd find everything there," said Susan Casey, event co-ordinator for Welcome Wagon Ltd. "We found her dress there, but everything else was found here in Kitchener-Waterloo." The company has been planning various events since

2004, specializing in greeting services for those expecting babies, new executives and those new to the area. They also organize various shows, including a 50 plus showcase.

This spring, Welcome Wagon is organizing their annual bridal showcase, which features many local vendors specializing in wedding planning. These include photographers, DJs, tanning studios and ceremony sites. Couples preparing for their big day are invited to attend, though you don't need to have a ring to come.

"We would not discourage anyone else, like those who need a gentle nudge!" said

Casey with a laugh.

Not only will this event help you plan for the wedding itself, but it also assists in planning for the marriage.

"We have insurance and investment agencies present. It's not just you any more, you're bringing someone else into the mix," said Casey, reminding fiancés to think past the big day and look out for one another. "They should become a beneficiary. Not that family isn't good enough or anything, it's just better to be prepared."

There's lots of fun to be had at the showcase, in addition to seeing all the wonderful vendors. A fashion show featuring models wearing

pieces from Sophie's Gown Shoppe and Tuxedo Royale will strut across the runway. Not only will they show the obvious bridal gowns and groom's tuxedos, but bridesmaids' dresses and mother-of-the-bride/groom outfits will be on display as well.

"Sophie's is so accommodating. I had a friend who was six feet tall and she was able to find a dress there," said Casey. "Tuxedo Royale doesn't let the men look questionable, either. They always look good."

Event-goers also have a chance at winning various door prizes, including a grand prize of a romantic honeymoon trip.

The most important thing for brides- and grooms-to-be is not the wedding itself, though.

"The marriage itself between her and her spouse is most important, above all things," said Casey. "As long as it's legal and binding, everything else is just gravy."

The Kitchener Bridal Showcase will be held on April 10 at Chicopee Ski Club from 1 to 4 p.m. The event is free, but it is recommended that attendees pre-register (though walk-ins are more than welcome). Call 1-877-675-8463 or go to www.welcomewagon.ca for more information.

Last chance for rapid resume review

By **LISA OLSEN**

For graduating students, this week is your last chance to take advantage of the rapid resume review clinics.

On April 5, 6 and 7 the clinics will be held in the lower

atrium of the Doon campus from 11 a.m. to 1 p.m.

The event is first come, first served, and employment advisers ask that you bring a current resume and cover letter, as well as questions.

Vote for your student rep on Board of Governors

By **LISA OLSEN**

Conestoga students are looking for your vote as they run for the student member position on the Board of Governors.

Those who sit on the Board of Governors have a say in the direction the college is going by attending meetings once a month, where topics such as program approval and fundraising campaigns

are explored.

This year, the five candidates are Nadir Chaudhry, Sarah de Boer, Sasa Kahrmanovic, Syed Farhan Naqvi and Andre Richards.

Voting takes place from April 1-6, and online voting instructions will be emailed to all students.

For more information, visit the News and Events page on Conestoga's website, www.conestogac.on.ca.

MELONS CAME OUT SMELLING LIKE ROSES



PHOTOS BY PAUL IRVINE

Phillip Saraiva, a professor in the School of Business and Hospitality's culinary programs, shows one of his students how to cut a flower into a melon.



This display of culinary artistry was designed to convince people at the Explore Conestoga event on March 26 to join the culinary program. The photo on the right shows off the finished product, a rose-shaped melon.

college pro PAINTERS

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Leave your phone alone

By ERIN FARRAR

I've always been a person who notices things. Very observant, one could say. When I'm out driving I'm always watching closely. Although I often notice extremely humorous things like the notorious red light nose picker or the one person dance party, most of the time I see bad drivers who really get on my nerves.

It seems like there's never a time when out driving that I don't witness someone getting cut off or running a red light. The accidents on the highway are a huge cause for ridiculously annoying everyday traffic. When I personally get cut off, more often than not, it's by somebody talking on a cellphone.

The ban has only been in effect since February 2010 but it doesn't appear that many people are taking it seriously. I know most of my friends and family will pull the car over for a minute if they have to make a call or else they ignore it until a later time. It doesn't seem that difficult a thing to do. If people are taking this law seriously than why is it still so normal to see people chatting away to whomever and not paying attention to the road? It makes me wonder how seriously police are taking the cellphone ban if so many people are still getting away with it.

I also have a hard time believing that police officers are following this rule 100 per cent. I see cops talking on cellphones all the time and I know they have radios to communicate, so what's that about? I think it's a problem on both ends. Police seem to be somewhat lenient toward this law, perhaps because it's a fairly new development, but people are definitely taking advantage of this.

I know I've been the passenger in a car where the driver was on the phone and a cop drove by, completely noticing this but didn't do anything. Nobody enjoys getting a ticket, but maybe if they did they would think twice before going to answer their phone in the car the next time.

Come on people, we've all seen the horrifying YouTube clips depicting the results of driving while texting. Be the first of your friends to set a good example and don't use your phone while you drive. Or you could very well be the next star of one of these videos.

If you won't do it for yourself, do it for everyone else.



A careless driver talks on a cellphone while driving on a 400-series highway, setting a bad example for all drivers. Talking on the phone while driving is extremely dangerous, especially when travelling at high speeds. Do yourself and everyone else a favour and get into the habit of keeping your phone out of reach while on the road. It could mean the difference between life and death.

PHOTO BY ERIN FARRAR

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Saved from the slaughterhouse

By SARA BUSSE

When she first laid eyes on that giant, red mare I knew there was no way she was walking out of there without her.

Audrey Schnurr, 23, has been riding for 12 years and has owned horses for seven of those years. Her first horse was a rescued thoroughbred, Monty. She then acquired a rescued Percheron cross, Wyatt, and a Kentucky-bred thoroughbred, Bentley.

The Kitchener resident has a passion for horses that are in need and is often seen wandering the paths through the holding pens at the Ontario Livestock Exchange or OLEX as it's known to locals in St. Jacobs. She has found success in rehabilitating and placing seven horses in new homes over the past few years.

She said that, to her, rescuing horses is, "Kind of like that childhood dream that usually never happens."

So it was no surprise that this feisty, red horse caught her attention, as well as the attention of meat men.

"They look for anything cheap or meaty so they can make money when they sell to companies."

I figured most meat men would go for the old horses but Audrey told me otherwise.

"They look for whatever will give them the most return, mainly healthy horses."

According to Agriculture and Agri-Food Canada, last year 93,812 horses were slaughtered in Canada. Horse meat

is sold overseas and served as a delicacy in Europe.

So on June 23, 2009, Schnurr outbid the meat man and bought the nameless horse for \$0.41 a pound. After the auction the meat man confronted Schnurr and snarled, "She's going to be a handful. Good luck with that one."

Of course, Schnurr being who she is smiled politely at the man and said, "Thanks."

For the first year it was a never-ending roller coaster of manure. The mare, now named Kianna, suffered from strangles, a highly contagious disease much like our strep throat. She was in need of medical attention but since she was unhandled treating her proved to be an extremely difficult task. Schnurr needed to work quickly in order to have Kianna treated to stop the infection from getting worse. Although strangles is only fatal on rare occasions, it's a very messy and uncomfortable sickness which could lead to future throat problems. Every day she was out trying to coax the mare into coming closer, and eventually, after many battles and pulled shoulders, she was able to get Kianna haltered.

By this time Schnurr was set to move from a boarding farm outside of Kitchener to another barn near Baden. The new barn would have an indoor arena to allow for training in the winter. She was able to train Kianna enough to be able to lead her



PHOTO BY SARA BUSSE

Kianna, a five-year-old Belgian/thoroughbred cross, was one of a few horses lucky enough to be rescued from the Ontario Livestock Exchange where she was going to be sold to a slaughterhouse.

around a field, but the mare was still skittish and Schnurr decided it was best to hold off on under saddle training until Kianna was comfortable enough to be handled from the ground.

Another winter passed and Schnurr moved to a smaller barn with a few fields in order to save money. She took on four more rescues and started to slowly saddle train Kianna.

First, she placed weights over her back to get her used to the weight of a body, then she moved up to lying across the saddle. Slow and steady was the name of the game, and Kianna made sure Schnurr was never moving too fast.

As a rider there comes a time when we stop and take a look at how far we've gotten. When Schnurr took her first ride on Kianna she had one of

these moments.

"There have been many good moments, but the first ride was a definite special moment. Just proves that the trust you had hoped was there, is actually there."

It wasn't the training that was hardest for Schnurr, it was convincing people that Kianna had potential and bringing her to the point where people can see that.

"She wasn't easy to train, and there was no 'quick-fix' by any stretch of the imagination. People don't always believe you when you tell them that a completely wild horse is going to make the perfect show horse for someone one day," she said.

For the past two months I've seen a different side of horse training, a side that some may call a one-in-a-million chance. Kianna, who was once a flighty, wild horse, has been transformed into a gentle, trusting riding partner. It took two years for Kianna to change, but now she is like an old school horse, calm and confident, even over jumps. It's hard to think that something this magnificent could have ended up on a dinner plate.

"(Horses) have so much to teach us. You will always continue to learn from them if you keep an open mind. Once you have respect for each other, they will give you everything they have," she said.

Schnurr hopes to find a suitable home for Kianna in the future, but for now she's enjoying her time with the once wild mare.



PHOTO BY SARA BUSSE

Audrey Schnurr takes her eighth ride on her rescue mare Kianna. Once a flighty, scared horse, she is now confident enough under saddle to move in a collected trot.

HORSE SLAUGHTER FACTS

- ◆ In 2010, more than 93,000 horses were slaughtered in Canada.
- ◆ Over 50% of horses sold at rural auctions go to slaughter.
- ◆ In 2007, horse slaughter ended in the United States.
- ◆ Some horses sent to auction are ex-racehorses or young stock.
- ◆ Horse meat is sold to Japan, Italy, France, Switzerland and Belgium.
- ◆ Slaughtering horses is the industry's answer for horses that are not sound enough to be ridden or are elderly, injured or have behaviour problems.
- ◆ There are seven federally licensed horse slaughter plants in Canada.
- ◆ There is very little demand for horse meat in Canada.

Area golf courses preparing to tee-off

By **MARCUS MATTHEW**

Sick and tired of studying those ginormous textbooks and chipping away at all those end of the year assignments? If you would rather be on the golf course chipping away on the green, you won't have to wait much longer.

Among the many golf courses in Waterloo Region preparing to open within the next few weeks is RiverEdge Golf Club in Kitchener. Staff there are hoping for plenty of sunshine and no snow. The nine-hole golf course was to be on par with last year's opening, but snow and freezing rain has caused a delay.

"We opened last year with the early spring on March 30," said Daryl Gates, owner

of RiverEdge. "It is always weather dependent. The superintendent lets us know when the frost is out of the ground and the grass has started to grow. We typically get several cuts on the greens before we open to ensure the great playing conditions for which we are known."

Last year the weather was kind to golfers as winter ended early. So early that Waterloo Golf Academy was able to open on March 14. However, an untimely snowstorm on March 23 this year was a major setback for many courses.

According to the Royal Canadian Golf Association, golf is the number 1 played sport in Canada, with close to 6 million or 21.5 per cent of

the population participating each year. Ontario has the largest golfing population at 2.31 million, followed by Quebec, British Columbia and Alberta.

Besides exercise and being immersed in the beauty of nature, golf can offer many other benefits. Some even say it can relieve stress, which students suffer from down the stretch.

"I think that golf can be a stress reliever, just like any sport or hobby can act as one. Having fun with friends with some physical activity is known to help people with stress," said Joseph Lee, chair and lead physician at The Centre for Family Medicine in Kitchener.

If you're just itching to hit

the green and it's driving you crazy, indoor golf could be a good consolation. Max's Golf Centre in Waterloo, right across from St. Jacob's Farmers Market, has 18 holes of indoor mini-golf and an indoor driving range for you to polish up all facets of your game.

"I'm here four or five times a week; thankfully the wife lets me," said Ron Beaubien with a laugh. "I can hardly wait to golf outdoors again. In the summer me and my golf partners go out to a different course each Tuesday."

Most golf courses are hoping to be up and running near mid-April. During the off-season, it's not just the weather that course managers are relying on before opening

day. Gates said there is a lot of preparation that must be done before the start of each season and it takes a team effort to get the course prepped and looking good.

"Our superintendent works all winter long getting ready for the next season. All the equipment is put into good mechanical working order for the coming season. All the mower blades have to be sharpened; tee blocks repaired, replaced and painted. Then there is paperwork; budgets are done, health and safety updates made. The list goes on," said Gates.

RiverEdge is located at 245 Edgehill Dr., moments away from Highway 401. Call 519-650-1381 in advance to book a tee-time.



PHOTO BY MARCUS MATTHEW

Ron Beaubien works on his driving game with a three-wood at the indoor driving range at Max's Golf Centre in Waterloo. Beaubien said he practises at Max's four to five times a week to stay sharp for the upcoming golf season.

The Learning Commons would like to thank all Peer Helpers for their hard work and dedication within Student Services

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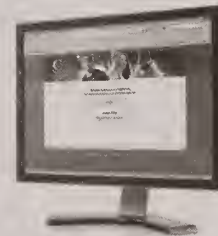
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